

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

THE GOLDEN CHRONICLE

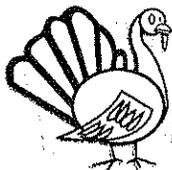
NOVEMBER 2009

Director/Editor: Joanne Trybus
 Councilonaging@southhadley.org

45 Dayton Street
 South Hadley, MA 01075-1924
 Tel. 538-5042 Fax: 532-8206

Assistant Director: Lisa Napiorkowski

Chairperson: M. Connie Laplante
 Social Service Coordinator:
 Elinor White -
 E-Mail: elinorca@hotmail.com



THANKSGIVING LUNCHEON

Our annual special Thanksgiving luncheon will be held on Wednesday, November 18th. The menu will be turkey and all the fixings. Suggested donation is

\$2.25. Reservations will be taken for this luncheon starting on Friday, November 6th. Since this is a very popular event please make your reservations early by calling 538-5042. Please do not leave your name on the answering machine.

Every Weekday: Nutritious & Delicious Lunch -11:45 am - 12:15 pm, in the South Hadley Senior Center Dining Room. Please reserve a day in advance. Reservations close at 9 a.m. each day. It is better to reserve your place and cancel if need be at the last minute, but please remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons 60 and over. Guests under the age of 60 pay a charge of \$3.00 per meal. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.

23RD ANNUAL CHRISTMAS BASKET

We've seen our first snowflakes and the leaves are falling from the trees so it must be time to start planning for the Christmas Baskets again. This year we are minimizing the food collection and asking for more financial (to purchase gift certificates) and gift certificate donations. A survey of recent recipients told us they would prefer the gift certificates to choose their own healthy foods (those cans of veggies are full of salt). We will distribute some food and turkeys with more info to you next month. Our distribution will be Saturday, December 12th.

Please send checks payable to COA Christmas Baskets to: 45 Dayton Street, South Hadley. If you choose to purchase gift certificates to local grocery stores, please bring them to the Senior Center. In advance, thank you for your help!

We will greatly miss Elinor and her knowledge of seniors and families during Christmas Basket. We wish her lots of days of relaxing and enjoying her horses in her retirement.

Marilyn

CONGRATULATIONS TO

HOWARD KIRKPATRICK

FOR RECEIVING THE PRESIDENT'S VOLUNTEER SERVICE AWARD FROM RSVP

(My apologies for my error in omitting his name from last month's edition-Joanne)

South Hadley Senior Travel Club

TRIPS FOR FALL 2009

THURSDAY, NOVEMBER 12TH: Blackhead Mountain with a Taste of Germany. Includes a trip to the beautiful Catskill Mountains to the **Maassmann Family Resort and German Restaurant**. Includes a guided tour of the resort, a Spaetzle making demonstration, wine and beer tasting an authentic German lunch. Cost \$69.00 p/p driver gratuity included. Call David Bellefeuille at 533-7724. Currently taking names for a "wait list" **SUNDAY, DECEMBER 6th** for "A Christmas Story" in Stageloft Theatre in Sturbridge, MA. Prior to the show you will enjoy a delicious meal at the **Salem Cross Inn**. Entrée` choice of Old Fashioned Chicken Pot Pie on buttermilk biscuits **OR** Classic Yankee Pot Roast with pan gravy. Cost \$62.00 p/p driver gratuity included. Call Barbara Laramie at 536-8567. Watch for future 2010 trips on the travel bulletin board at the Senior Center and in The Golden Chronicle. If your family never knows what to get you for the holidays, you may suggest our Travel Club **GIFT CERTIFICATES**. They are now available at the Travel Club and may be applied to any of our trips. A \$2.00 non-refundable deposit is required for all non-casino trips. Casino trips require full payment upon booking. **NO REFUND** prior to 6 weeks of a trip unless it is an emergency. A travel club representative is at the South Hadley Senior Center on Tuesday, Wednesday and Thursday between 10-11:30 or call COA at 538-5042.



NOTES FROM THE DIRECTOR

It really is not difficult to believe November is here with the cold weather and snow flurries. It is the month of Thanksgiving and I want to express my sincere and heart-felt thanks to the staff and volunteers for making the South Hadley Senior Center a home away from home for so many participants. In a recent survey one statement that stood out said: "A friend of mine prodded me to go to the COA after my husband's death. I was looking at walls and depressed. Now I am happy to be out in company." I hope many of you who have not visited our senior center think about these words. I am delighted to hear that someone's life is better because of our senior center! Maybe we can help to brighten your days too!



A meals satisfaction survey was recently conducted by WestMass ElderCare. The majority of both the congregate and home delivered meals clients rated the meals as excellent or good. Quite a few people do not enjoy fish but it is a necessary part of a healthy diet and unfortunately our COA cannot afford the more expensive types of fish served in a restaurant.

There is a new section in our senior center library. The top shelf of the white cabinet near the exit door will feature audio books. Courtesy of the Public Library they will be available for loan. These audio books are to be returned back to the senior center or the library. This will be an honor system that brings an added convenience to participants. One may listen to a book while driving or doing chores. Thank you to Joe Rodio, the Public Library Director, for making it possible.

I guess there is some psychology in the fact that I saved saying farewell to Elinor at the end of my column. Elinor and I go way back to 1986 when I began working in April and she began in October. Together we saw the senior center grow under Marilyn Ishler's leadership and by working as a team, with many faithful volunteers, we witnessed a very rapid increase in services especially when the senior center took over the entire Woodlawn building. We faced challenges, trials and tribulations of life, happy events and sad events and neither one of us has lost our commitment to the seniors we serve. It will be a huge change for all of us at the South Hadley senior center when Elinor walks out the door. But we hope she will come back to see her friends and take part in some of the fun activities. She has earned and deserves a wonderful new chapter in her life! So we all hope it is not "Good Bye" but "until we meet again!"

Jeanne



****SPECIAL THANKS TO:**

****South Hadley Lions Club** for the donation of grinder rolls.

****Carleen LaBonte** for the subscription to Woman's Day Magazine.

****Carey's Flowers** for the beautiful flowers that brighten the days of so many people.

****Big Y** for the bread and delicious baked goods.

REMEMBER TO TURN YOUR CLOCKS BACK ONE HOUR ON SUNDAY, NOVEMBER 1ST. ALSO, IT IS A GOOD TIME TO CHECK THE BATTERIES IN YOUR SMOKE DETECTORS.



NO DATE HAS BEEN SET FOR THE FLU CLINIC

Per the South Hadley Board of Health, the "final allotment of season flu vaccine should be delivered the last week of November. We expect to hold our clinic during the first week of December and no pre-registration will be required. Dates, times and locations will be posted the last week of November."

SAY IT ISN'T SO—OH NO!!!!!!

The dreaded time has arrived when Elinor White has decided that it is time to retire from her position at our COA. Anyone who knows Elinor, knows she will not really be "retiring" but choosing to do other important tasks and most importantly finally having the time to spend with her family and have some fun, too! She will be missed! Her knowledge of the seniors is impressive (like a computer as Marilyn Ishler always said) and the bonds she has formed with so many elders and their families in our community cannot be measured. A Retirement Reception will be held in her honor on Friday, November 13th between 1 and 4 p.m. This is her last day of work. Various finger foods and desserts as well as beverages will be served. Please call 538-5042 to let us know you will be stopping by to wish Elinor well!

SPECIAL THANKS TO SO. HADLEY KNIGHTS OF COLUMBUS #1721 FOR DELIVERING THANKSGIVING DAY MEALS TO THE HOMEBOUND.

THURSDAY-NOVEMBER 19TH-11:15 A.M.

Electrical Safety Presentation by Ray Gouley and Wayne Doerpholz. Good Door prizes.

Elinor's Notes

Farewell, My Friends

This is the column that I didn't want to write. It's my last article for The Golden Chronicle. After 23 years as your Social Service Coordinator the time has come for me to turn the page. I'm leaving the best job I ever had in my working years.

If it's true that time flies when you are having fun, then the last almost quarter century went by in a blink of an eye.

Many of the best things in my life are directly related to each of you. Along the way I have experienced so much; the wisdoms of the 90+, the true love of long marriages, the devotion and stamina of caregivers, the loss of loved ones and the faithfulness of volunteers. Also the creativity of crafty folks, the highly-motivated exercisers, those looking for new adventures and knowledge, new friendships and a home away from home.

All of these experiences have added up to a 23 year course in Aging With Dignity. The results have been my own personal maturity and the greatest respect for elders, especially you. I have worked for you but you have rewarded me with so much more than a paycheck.

A grateful thank you to all working in the C.O.A. network, State and Town Depts., agencies, businesses and churches. You have been the folks I have called for information to help my seniors. Together you are a priceless wealth of knowledge, support, kindness, and friendship.

My milestone couldn't have been reached without the unconditional support of Joanne Trybus, our director, the C.O.A. Board members and each member of the staff. Thank you for your dedication to your positions. I have never had a day when I didn't look forward to coming to work with each of you--- please keep going and caring.

I raise a toast to all of you in celebration of the wonderful years I've had with the South Hadley C.O.A. But please don't use the word "retired" to describe me. I'll be busy working on the backlog of exciting projects that have been waiting for this moment to arrive. Maybe those new horizons will soothe the bittersweet taste of parting with my very best job.

Farewell, My Friends,

Elinor A. White Farewell

Get Going



Your November meeting will be the same day as the Veterans on Nov 10th so please come at 12:45 and enjoy the afternoon of music that we have planned for all to hear.

VETERANS DAY CELEBRATION

TUESDAY, NOV. 10th

at 11 a.m.

All Veterans are invited to lunch, you will be the guests of the South Hadley Friends of The Elderly.



Now hear this--- You must make a reservation for your lunch, please be sure to tell them at that time, that you are a veteran. Reservations for all Veterans need to be in by Fri. Nov 6. Call 538-5042.

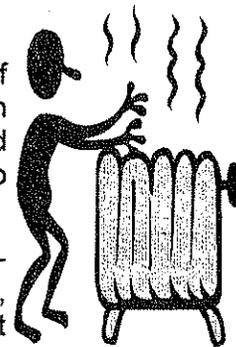
Following lunch, please do plan to stay, Donna Lee (who everyone enjoyed last year) has volunteered to entertain you again! Donna impersonates country singer Patsy Cline. Again this year Donna will be co-starring with SOUTH HADLEY'S new singing sensation, 15 year old KYLE RAY. You should hear this young man sing!!

Veterans this is your day, do come and let your C.O.A. honor you!

Fuel Assistance 09/10

To all past fuel clients: If you plan to file a reapplication (called a "recert") you should have done it by now--- if not, do it now!

To all those interested in applying for fuel this year 09/10, now is the time to call and put your name on our fuel list. You will be contacted for an appointment time and instructed as to needed documents to complete your application. Call 538-5042 today!



09/10 income guidelines are:

1 person	\$29,126
2 people	\$38,087
3 people	\$47,048

This is gross household annual income, including S.S. Pensions, Income from IRA'S, 401K'S, Interest earned on money in the bank and from dividends, for everyone in the house. If the heat keeps them warm their income counts! All must be documented with photo copies YTD.

NUTRITION PROGRAM

Please make reservations 24 hours in advance.*

MENU SUBJECT TO CHANGE. The Nutrition Program is funded by the Older Americans Act through a contract with:

WESTMASS ELDERCARE, INC. NOVEMBER 2009 MENU

- 2) VEAL PATTY/GRAVY, Sweet Potatoes, Mixed Vegetables, Tropical Fruit & Diet Tropical Fruit, Multi-Grain Bread.
- 3) BIRTHDAY/ANNIVERSARY— AMERICAN CHOP SUEY, Green Beans, Italian Bread, Cake & Diet Cake, Juice.
- 4) ROASTED CHICKEN w/GRAVY, Buttered Noodles, Peas/Onions, Cranberry Sauce, Mandarin Oranges & Diet Mandarin Oranges, Whole-Grain Bread.
- 5) ALL-BEEF HOT DOGS, Baked Beans, Mixed Vegetables (M.O.W.), Cole Slaw (Congregate), Roll, Jell-O & Diet Jell-O.
- 6) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Roll, Apricots & Diet Apricots.
- 9) BAKED HAM w/PINEAPPLE, Sweet Potatoes, Broccoli, Peaches & Diet Peaches, Rye Bread.
- 10) VETERANS LUNCHEON—BEEF SIRLOIN TIPS & MUSHROOMS, Mashed Potatoes, Carrots, Roll, Cake & Diet Cake.
- 11) VETERANS' DAY HOLIDAY—CENTER CLOSED.
- 12) CHEESE LASAGNA, Tomato Sauce, Garlic Bread, California Blend Vegetables, Vanilla Pudding & Diet Pudding.
- 13) POLLOCK w/CHEESE, Rice Pilaf, Corn, Multi-Grain Bread, Fruit/Orange.
- 16) BBQ CHICKEN, Roasted Potatoes, Ratatouille, Whole Grain Roll, Peaches & Diet Peaches.
- 17) STUFFED CABBAGE/ SAUCE, Mashed Potatoes, Carrots, Biscuit, Fruit Cocktail & Diet Fruit Cocktail.
- 18) THANKSGIVING5 LUNCHEON—ROASTED TURKEY/GRAVY, Mashed Potatoes, Bread Dressing, Squash, Cranberry Sauce, Pie w/Topping & Diet Pie.
- 19) PORK PATTY/GRAVY, Rice Pilaf, Spinach, Wheat Bread, Applesauce and Diet Applesauce.
- 20) CELEBRATE WYOMING—WESTERN-STYLE CHOPPED STEAKS, Oven Browned Potatoes, Chuck Wagon Corn, Blonde Brownies & Diet Brownies.
- 23) SWEET & SOUR CHICKEN, Rice, Yellow Squash, Apricots & Diet Apricots, Juice, Whole-Grain Bread.
- 24) STUFFED SHELLS & TOMATO SAUCE, Mixed Vegetables, Italian Bread, Cookies & Diet Cookies.
- 25) BEEF STEW, Diced Potatoes, Green Beans, Biscuit, Tropical Fruit & Diet Tropical Fruit.
- 26) THANKSGIVING HOLIDAY—CENTER CLOSED.
- 27) POLLOCK LOINS, Wild Rice, Broccoli, Whole Wheat Roll, Rice Pudding & Diet Rice Pudding.
- 30) CHICKEN NUGGETS/SAUCE, Potato Puffs, Corn, Oatmeal Bread, Cranberry Juice, Jell-O & Diet Jell-O.

ALL MEALS SERVED WITH BREAD, 1/2 PINT OF MILK.

*FOR RESERVATIONS, PLEASE CALL 538-5042 BY 9:00 A.M. AND REMEMBER TO CANCEL. PLEASE TRY TO CALL ON FRIDAY IF YOU LIKE TO EAT ON MONDAY.

Folic Acid and Dementia By Christine M. Brown Nutritionist WMEC

According to a new study by Boston University researchers, a diet rich in folic acid might help prevent Alzheimer's disease and dementia. This study found that people with high levels of plasma homocysteine are more likely to develop Alzheimer's.

Folic acid, as well as vitamins B-6 and B-12, help reduce homocysteine levels in blood. Our diet usually has enough B-6 and B-12 due to the amount of meat and dairy products we consume. (A lot of older people lack enough stomach acid to cleave B-12 from the protein in foods such as meat and poultry, which means the vitamin doesn't get absorbed. However, absorbing B-12 from fortified cereal is not a problem.)

Folic acid can be lacking unless our diet is rich in leafy green vegetables, fruits and whole wheat products.

The USDA recommends a daily consumption of 400 micrograms of folic acid daily. Any well balanced diet with 3 to 5 portions of fruits and vegetables and 6 to 11 portions of grains, especially whole grains, will provide the recommended amounts.

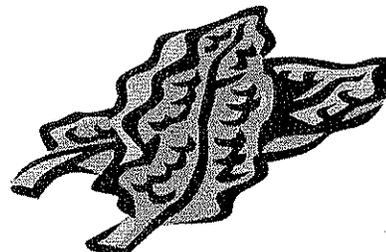
Folic acid is found in leafy green vegetables like spinach, dried beans and peas, whole grains, citrus fruits and juices and most types of berries. Many fortified cereals such as Product 19 and Total have 400 micrograms of folate. Read the labels to determine the folate, B-6 and B-12 availability in prepared foods.

The following is a recipe high in folic acid due to the leafy green vegetable – spinach.

Creamed Spinach

- 20 oz. fresh spinach
- 5 Tbsp. margarine
- 3 Tbsp. flour
- 1 cup hot low fat milk
- Salt & pepper to taste

Wash spinach, discard stems. Chop leaves. Melt 2 Tbsp. Margarine in a large saucepan, add spinach. Cover pot until spinach becomes limp. In small sauce pan, melt 3 Tbsp. margarine. Blend in flour. Stir & cook 2 minutes. Whisk in hot milk. Season with salt & pepper and simmer until thickened. Pour cream sauce over spinach and blend. Simmer three more minutes.



<p>2 VEAL PATTY/GRAVY 11 Tai Chi-EX 1 Red Hat Society-CR 1 Stained Glass-CE 1 Poker 1 Pinochle-DR 1 Canasta-DR</p> 	<p>3 BIRTHDAY/ANNIVERSARY AMERICAN CHOP SUEY 9-12 SHINE (by appt) 10 How to Avoid Slips, Trips & Falls-Williamsett Nurs. Ctr-CR 10 Beg. Ex.-EX/Travel Club-C1 1 Bingo-CR/Movie-EX/Needle-CE 1:30 Calligraphy-C2 6:15 Men's Night/Mah Jongg</p>	<p>4 ROAST CHICKEN/GRAVY 8 HIP-EX/9:30 Grocery Shopping 10 Travel Club-C1 10 Music Appreciation-C2 10:30 Osteoporosis Exercise-EX 1-2 Falls Prev. Follow-up-ER 1 Senior Poetry-C2/Pitch-CR 1 Mah Jongg Play/Learn-CE 1 Choralites-DR</p>	<p>5 ALL-BEEF HOT DOGS 10 Alzheimer's Support -C2 10 Beginning Exercise-EX 10 Writing Group-CE 10 Travel Club-C1 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE 2 Line Dancing-EX</p>	<p>6 MACARONI AND CHEESE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta 1 Poker-DR</p>
<p>9 BAKED HAM/PINEAPPLE 9:30 FOOT NURSE BY APPT. 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker 1 Pinochle-DR 1 Canasta-DR 4 COA Board Meeting</p>	<p>10 VETERAN'S LUNCHEON SIRLOIN TIPS/MUSHROOMS 9-12 SHINE (by appt.) 10 Beg. Ex.-EX/Travel Club-C1 1 Get Going-Concert-DR 1 Bingo-CR/Movie-EX/Needle-CE 1 Friends Annual Meeting-C2 1:30 Calligraphy-C2 6:15 Men's Night/Mah Jongg</p>	<p>11 VETERAN'S DAY HOLIDAY CENTER CLOSED</p> 	<p>12 CHEESE LASAGNA 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Writing Group-CE 10 Travel Club-C1 12:30-2 Blood Pressure-Nurse C2 1 Golden Agers-CR 1 Scrabble-L/Quilting-CE No Line Dancing</p>	<p>13 POLLOCK W/CHEESE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1-4 Retirement Reception for Elinor White-DR</p>
<p>16 BBQ CHICKEN 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Monday Cribbage-CR</p>	<p>17 STUFFED CABBAGE/SAUCE 9-12 SHINE (by appt) 10-11 Brown Bag-CE 10 Lo-Vision Support-C2 10 Begin. Ex.-EX/Travel Club-C1 1 Bingo-CR/Needlecraft-CE 1 Movie-EX 1:30 Calligraphy-C2 6:15 Men's Night/Mah Jongg</p>	<p>18 THANKSGIVING LUNCH ROASTED TURKEY/GRAVY 8 HIP-EX 9:30 Grocery Shopping 10 Book Club-C2/Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Senior Poetry-C2/Pitch-CR 1 Mah Jongg Play/Learn-CE 1 Choralites-DR</p>	<p>19 PORK PATTY/GRAVY 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Writing-CE/Travel Club-C1 11:15 Electric Safety and News Update-DR 1 Golden Agers-CR 1 Scrabble-L/Quilting-CE 2 Line Dancing-EX</p>	<p>20 CELEBRATE WYOMING "WESTERN" CHOP STEAKS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta/Poker-DR</p>
<p>23 SWEET/SOUR CHICKEN 9:30 FOOT NURSE BY APPT. 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker 1 Pinochle-DR 1 Canasta-DR</p>	<p>24 SHELLS/TOMATO SAUCE 9 Newsletter Mailing Party 9-12 SHINE (by appt) 10 Begin. Ex.-EX/Travel Club-C1 1 Bingo-CR/Movie-EX 1 Needlecraft-CE 1:30 Calligraphy-C2 6:15 Men's Night/Mah Jongg</p>	<p>25 BEEF STEW 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg Play/Learn-CE 1 Choralites-DR</p>	<p>26 THANKSGIVING DAY HOLIDAY CENTER CLOSED</p> 	<p>27 POLLOCK LOINS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta/Poker-DR</p>
<p>30 CHICKEN NUGGETS 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker 1 Pinochle-DR 1 Canasta-DR</p>		<p>NOVEMBER 2009</p>	<p>IN TOWN TRANSPORTATION AVAILABLE TUESDAYS AND THURSDAYS FROM 9-3 BY APPOINTMENT.</p> 	<p>ROOM KEY B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room</p>

DONATIONS TO THE COUNCIL ON AGING ACCOUNTS. Throughout the year we are asked how an individual can make a donation to help the senior center. Our accounts are listed below. Please check off which account you would like to have your donation go to, and if it is a memorial donation please list the individual's name and address where to send acknowledgement. Thank you for your assistance. **CHECK HERE IF YOU WISH YOUR DONATION TO BE IN LIEU OF HOLIDAY CARDS.**

Donation to the COA Funds from _____

- | | | |
|-------------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Activities Account | <input type="checkbox"/> Clinic Account | <input type="checkbox"/> Nutrition Gift Account |
| <input type="checkbox"/> Minibus Maintenance Acct. | <input type="checkbox"/> Transportation Account | <input type="checkbox"/> Mothers' Garden |
| <input type="checkbox"/> Minibus
(future purchase) | <input type="checkbox"/> Shopping Assistance | <input type="checkbox"/> Subsidized Senior Transportation |
| <input type="checkbox"/> Building Fund | <input type="checkbox"/> Senior Net | <input type="checkbox"/> Services Account |
| <input type="checkbox"/> "Lights On" | <input type="checkbox"/> Newsletter Account | <input type="checkbox"/> Christmas Baskets |
| <input type="checkbox"/> Wherever needed most | <input type="checkbox"/> Emergency Fund | <input type="checkbox"/> Dishwasher Fund |

Contribution in memory/honor of _____

Send card to: (please indicate name and address): _____

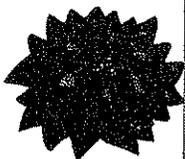
Make check payable to: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075. Contributions are tax deductible. All contributions of \$250 or more will receive receipt for tax purposes.

Please check here if you do not want your name published.

SNOWBIRDS

Please let us know so we can hold your newsletter or if you wish to have the newsletter mailed to your forwarding address. Your cooperation with this request is sincerely appreciated. **THANK YOU!** Joanne

WMEC ANNUAL HOLIDAY PARTY TO BE HELD TUESDAY, DEC. 1ST AT THE FAIRVIEW KNIGHTS OF COLUMBUS. MORE INFORMATION FOR SIGN UP AT THE COA OFFICE WILL FOLLOW.



FRIENDS OF SOUTH HADLEY ELDERLY, INC.

THE ANNUAL MEETING WILL BE HELD ON TUESDAY, NOVEMBER 10TH AT 1 P.M. IN THE CONFERENCE ROOM. ELECTION OF OFFICERS WILL TAKE PLACE.

HOW TO AVOID SLIPS, TRIPS AND FALLS

TUESDAY, NOV. 3RD AT 10 A.M.

Members of the physical therapy staff from Willimansett Nursing Centers will present a workshop on how to stay safe in one's home. Falls are the number one cause for the need of long-term care assistance. Pre-registration is encouraged by calling 538-5042.

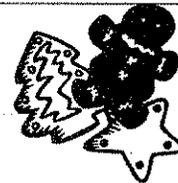
TRANSPORTATION IS PROVIDED IN PART BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS.

NEWS FROM THE SHINE PROGRAM

Annual Open Enrollment Period (November 15-December 31): If you have any problems with your plan, you should consider changing plans during the Open Enrollment Period. Check to see if your plan's premiums, co-pays and coverage may be changing. Your plan will notify you about changes which will begin in January 2010. Be sure to read and save your plan's letter. A SHINE Counselor will be available every Tuesday morning beginning Nov. 3rd between 9 a.m. and 12 noon. You must make an appointment by calling 538-5042.

ADVENT FAIR AND COOKIE SALE

FRIDAY, DECEMBER 4TH 3-8 P.M. AND SATURDAY, DECEMBER 5TH FROM 9 A.M.—4 P.M.



The Friday supper will continue but no food will be served on Saturday. Cookies and bars are needed. Please label with content. Deliver on Friday before 3 p.m. via the Church Street door. Proceeds of cookie sale go to the South Hadley Council on Aging Christmas Basket Program. Chairperson is Karen Anderson. "Come early for the best selection".

MUSIC APPRECIATION PROGRAM

WED., NOV. 4TH-10 A.M.-LARGE CONFERENCE ROOM

Dr. Roger Farnsworth, a retired music director, will lead the discussion as the group explores what great music is all about. Topics will include the classics, opera and various other types of fine music. Call 538-5042 if you want to join this new group.

IN MEMORIAM

FROM: **IN MEMORY OF:**

NUTRITION ACCOUNT:

CLAIRE LETELLIER Linda & Gary Duggan
Cile Stuntz
Mr. & Mrs. Richard L. Carrignan
Leon & Esther Legare
Gail LaPrade
Mr. & Mrs. Pasquale Iannoli
Lucille Carrignan
Emile & Marilyn Premont
Doris Pichette
Diane & David Sexton
Thomas & Joyce Carriveau
Agnes Everson
William & Pamela Dalton
Frances Mytkowicz
Peggy Gallagher
Liz & Bob Methot
Kathy & Florence Gallivan
Carolyn J. Dupuis
Kathy & Dick Kirby
Rita & Frank Falcetti
Mark & Denise Bondoni
Carl E. Cousineau
Jill & Joe Gagne
Patricia Salisbury

LILLIAN SOLZAK Bob & Gloria Boudreau
Gerald & Jean Fecteau
Venita Redding
Mary Mulvaney & William Bevan
Debra Faille
Tighe & Bond
Wayne & Cheryl Popp

RICHARD CONNOR Liz & Bob Methot

WILLIAM LAMBERT Liz & Bob Methot
Doris Pichette
Judith Fortier

SUBSIDIZED SENIOR TRANSPORTATION:

CLAIRE LETELLIER Venita Redding
Florence & Kathy Gallivan
Stella Warzenski

ROLAND ROULE Lathrop Village &
Newton Manor Tenants Assoc.

NEWSLETTER:

EDWIN WOLSKI Helen & Mat Koceniak

IN MEMORIAM

FROM: **IN MEMORY OF:**

LIGHTS ON PROGRAM:

BILL LAMBERT Beatrice Thomas
Ann & John Root
Dot & Floyd Downey
Deborah & Kevin Baldini
Marylynn & Roger Bliss
Betty Larivee
Ruth Skuse
Ethel Gelineau
Virginia Wright
Claire Laporte
Gloria M. Lamirande
Barbara Hatch
Linda Costello
Elinor Burnett
Lisa Chartier
Kazimierz & Dorothy Kozlowski
Ellen & Raymond Depelteau
Denise Vanderpoel
Maryann Wojnarowski
Ronald & Donna Bullough
Dave & Betty Zglobicki
Judith Fortier
Smiths Tubular Systems-Laconia
Bill & Myrle Porter
Patrick & Carleen LaBonte

LILLIAN J. SOLZAK Dorothy & Steve Dykes

ACTIVITIES:

CLAIRE LETELLIER Richard Corriveau &
Melide Normand

ALFRED SKOCZLAS Janet & Howard Walsh, Jr.

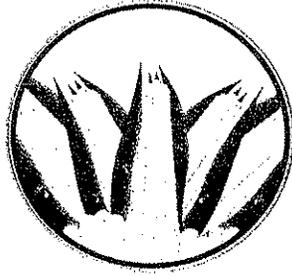
ADOPT-A-SENIOR PROGRAM:

ALFRED E. FERNANDES Bea Fernandes

IN MEMORIAM

A donation to the Mother's Garden was received in memory of Donna Potvin on the anniversary of her 49th birthday from Mrs. Janie Brochu.

THE LEGEND OF THE FIVE KERNELS



It was very cold for the Pilgrims that first winter. Food was in short supply. Some days, they had only five kernels of corn. When spring came, the Pilgrims planted the remaining corn. The sun and rain helped the seeds to grow and much food was harvested in the fall. Every Thanksgiving thereafter the Pilgrims placed five kernels of corn beside each plate to remind them of their blessings.

- “The first kernel reminded them of the autumn beauty.”
- “The second reminded them of their love for each other.”
- “The third reminded them of their family’s love.”
- “The fourth reminded them of their friends especially their Indian brothers.”
- “The fifth kernel reminded them of their freedom.”

COLDS VERSUS FLU

A Review by the DPH, Bureau of Infectious Disease,
Oct. 15, 2009

What is the difference between a cold and the flu? The flu and the common cold are both respiratory illnesses but they are caused by different viruses. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness and dry cough are more common and intense with the flu. Colds tend to develop gradually, while the flu tends to start very suddenly. People with colds are more likely to have a runny or stuffy nose.

The important differences between colds and flu:

Cold	Flu
Almost never have a fever	You have a fever
Feel stuffiness in your head	You entire body feels sick
You feel a little sick	You feel very sick

Colds can develop at any time, seasonal flu starts in early winter and continues through spring. There are no prescription medicines to treat colds but there are prescription medicines (anti-flu medicines) to treat the flu. Treatment with anti-flu medicines are usually not needed for healthy people who have mild flu symptoms or appear to be getting better when sick with the flu. However, people who have flu-like illness with severe symptoms and need medical care should receive anti-flu medication promptly. Your doctor can determine if you need treatment.

ARE YOU LOOKING FOR A GOOD TIME?

Come, come join our FUN Writing Group! No teacher — No corrections! It’s a fun time!!! We meet every Thursday morning from 10 a.m. to 11 a.m. in the Ceramics Room. Give us and it a try!!!!

VOLUNTEERS NEEDED TO PREPARE TAX RETURNS

Do you like to help people? Do you like numbers? Perhaps you do your own taxes using a computer. Do you have a desire to help those in need? Then the AARP Tax-Aide Program may be just what you are looking for. The Tax-Aide Program sponsored by the AARP Foundation offers free tax counseling assistance to low-and middle-income taxpayers with special attention to those ages 60 and older. Electronic filing is available at most sites. The Program is presently looking for volunteers to help out at sites in Hampden, Hampshire and Franklin Counties. There are over 30 sites in these three counties including senior centers, community centers and other convenient locations.

As a trained and certified AARP Tax-Aide Counselor you would assist individuals with the free and confidential preparation of their federal and state tax returns. The Program, in cooperation with the Internal Revenue Service and the Massachusetts Department of Revenue, provides free tax law training, electronic software training and all the materials needed to prepare basic individual tax returns. Training for new volunteers in Hampden, Hampshire and Franklin Counties will be offered in early November. Tax Counselors are asked to volunteer an average of eight hours a week from February 1st through April 15th. The past tax season over 2,500 residents of these three counties were assisted by the AARP Tax-Aide Program.

If you have any questions or would like to become an AARP Tax Counselor the best way is to visit the AARP website at www.aarp.org/taxaide. You can also call 1-888-OUR-AARP (1-888-687-2277) and ask to speak to a representative who will take down your information and an AARP Tax-Aide volunteer will get back to you.

WHO SHOULD GET THE H1N1 FLU VACCINE WHEN IT IS FIRST AVAILABLE ?(from DPH, Bureau of

Infectious Disease) Five groups have been identified by CDC to get this vaccine when it becomes available: pregnant women; persons who live with or provide care for infants under 6 months of age; health-care workers and emergency medical services personnel; persons age 6 months to 24 years; and persons age 25 to 64 who have medical conditions that put them at a higher risk for flu-related complications. After these groups receive vaccination, people 65+ should receive the vaccine.



ANNE'S NEWS

SeniorNet is planning for its next classes. They will begin shortly. Please call 533-6889 to tell us which classes you want to take. Courses planned:

Introduction to Computers: An overview of what can be done with a personal computer. Topics covered briefly include Word Processing, Spreadsheets and Databases, E-mail and the Internet.

Internet: A course for new and experienced Internet users regardless of the software or Internet Service you are using. Learn how to access and search the World Wide Web and use E-mail. Other topics covered: how to deal with security, cookies, viruses and other on line issues.

Quicken: A computer program for managing your personal finances. You can use it to manage your checkbook, savings, charge accounts, investments, loans, etc.

Word Processing: A course introducing the basic concepts of Word Processing: creating, editing, saving, retrieving and printing documents; changing font styles and sizes, margins, tabs, spell checking, etc.

Each class session lasts 2 hours. The classes generally meet twice a week for 4 weeks. Students receive their own workbook and practice disc. These are yours to keep. Coaches are available to assist the students.

Each Friday there is a two hour lab open to all who are currently taking or have taken a class during the calendar year. This is a great opportunity to get help with specific problems. It is also a time for current students to go over class material they may have missed. Call 533-6889 to leave a message. We'll call you right back!

During the month of November we celebrate two very special holidays. On November 10th we will be honoring our Veterans at our Veterans Luncheon. We will have a special luncheon followed by a concert performed by Donna Lee and Kyle Ray, two very talented performers returning for the 2nd year. Please join us for the concert even if you can't make lunch. You won't be disappointed! The second special event will be our annual Thanksgiving luncheon on November 18th. This will be a traditional Thanksgiving meal with all the fixings and a great opportunity to celebrate with your COA family. I hope to see you at one or both of these events.

We have 3 volunteers who have changed to RSVP this month. They are Nancy Herrick, who volunteers on our lunch book every Friday, Jose Pangan, one of our Senior Net Instructors, and Mary Januszkiewicz, who volunteers on our Newsletter. We welcome them to RSVP, and are grateful for their continued service.

With our holiday season well underway, we are having many special events. During our special luncheons we need many volunteers setting up, serving, clearing and cleaning up. If you would like to assist with a special luncheon, please call me at 538-5042. Remember – "Many Hands Make Light Work".

Our Birthday/Anniversary luncheon will be held on November 3rd. If you are celebrating your birthday or wedding anniversary in November we would like you to be our guest for lunch. All you need to do is call 538-5042 and make a reservation and let our volunteer know the date of your occasion. If you are from South Hadley, we can even pick you up on our van!

On November 20th we are celebrating Wyoming! One of our volunteers studies the trivia of that state and gives an informative talk. The menu that day is true Wyoming fare of western-style chop steaks, oven browned potatoes and chuck wagon corn with a blonde brownie for dessert. Why don't you lasso a friend and come on down?

I want you to know how thankful I am for everyone here at the COA. You have made my first year as Activity and Volunteer Coordinator very special. I would also like to thank our veteran's for serving our country and giving us our freedom.

Anne

South Hadley Council On Aging
 45 Dayton Street
 South Hadley, MA 01075
 (413) 538-5042
 (413) 532-8206 FAX

PRSR STD
 U.S. Postage
PAID
 Permit #85
 S. Hadley, MA
 01075

DATED MATERIAL

RETURN SERVICE REQUESTED

"THE GOLDEN CHRONICLE" IS PRINTED WITH GRANT FUNDS PROVIDED BY THE MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS AND BY OUR ADVERTISERS AND CONTRIBUTORS. ALTHOUGH THE SHCOA CANNOT ENDORSE THE ADVERTISERS, WE ASK THAT YOU PATRONIZE THEIR BUSINESS.

PFD
 PRIVATE FINANCIAL DESIGN, LLC
Your Life. Your Plans. Your Portfolio.

Andrew R. Beaudry, CFP®, CLU, ChFC, CASL

87 Willimansett Street • South Hadley, MA 01075-3038
 T. 413.552.3669 • 800.779.1951 • F. 413.552.3436
 abeaudry@jfnetwork.com • www.privatefinancialdesign.com

WINGATE
 at
SOUTH HADLEY

"Where Healthcare and Hospitality Meet"

Short Term Rehabilitation • Long Term Care

1-800-WINGATE www.wingatehealthcare.com

ES EASTHAMPTON SAVINGS BANK

Easthampton • Southampton
 Northampton • South Hadley
 Hadley • Belchertown • Westfield

Connecting All Offices (413) 527-4111
 1-877-ESB-24HR • www.bankesh.com

Member FDIC Member DIF

Edward Jones
 MAKING SENSE OF INVESTING

Norm Stafford, AAMS®
 Financial Advisor

351 Newton Street
 South Hadley, MA 01075
 Bus. 413-536-2494 TF. 800-757-0820
 Fax 888-759-8098
 norm.stafford@edwardjones.com
 www.edwardjones.com

HUTT

EYE ASSOCIATES

ALFRED HUTT, MD, FACS
 10 Hospital Dr. Holyoke, MA 01040
536 - 0006

BEERS & STORY SOUTH HADLEY FUNERAL HOME

•Preplanning
 •Burial •Cremation

646 Newton St.
 South Hadley
 533-4400
 www.beersandstory.com

Marc G. Gaudreau
 Wendy L. Story
 Directors

The Loomis Communities
Loomis Village
 Continuing Care Retirement Community

Independent Living, Assisted Living, Health Care

246 North Main St., South Hadley, MA 01075
 (413) 532-5325
 www.LoomisCommunities.org

DISCOUNT AUTO GLASS
Serving the Pioneer Valley

Insurance Approved
 Direct Billing
 Free Mobile Service

533-5368

WHITE WING MOBIL
 568 Newton St., South Hadley
 Variety & Package Store

Mass. Lottery Agent
 534-3770

Open 5-10
 7 Days

DONNA HUTCHISON
 Travelling Hair Stylist

Call to make an appointment in your home
 413-734-2328

BAIL'S CUSTOM FOOTCARE

130 COLLEGE ST - ROUTE 116
 SUITE 225
 SOUTH HADLEY, MA 01075

BROOKSIDE PROFESSIONAL BUILDING AT
 CHAP DE LAINE'S

413-532-7555

Christopher L. Bail, C.Ped.
 Laura M. Bail, C.Ped.

SPECIALIZING IN ORTHOPEDIC FOOTCARE NEEDS
 AND FOOTHEALTH PRODUCTS

"CUSTOM ORTHOTICS & FOOTWEAR OUR SPECIALTY"

Ryder Funeral Home
 Pre-Need Funeral Planning

33 LAMB STREET • SOUTH HADLEY
 533-1735

MYRON W. RYDER FOUNDER
 WILLIAM W. RYDER DIRECTOR

SOUTH HADLEY DENTAL ASSOC., INC.

MARJORIE S. BLOCK, D.M.D.

15 DAYTON ST., SOUTH HADLEY, MA 01075
 TEL (413) 536-4455 FAX (413) 532-1757

NCE Drain & Sewer Cleaning
 South Hadley

538-9930

Radio Dispatched • Sinks • Tubs • Toilets • Sewer Lines
 Video Inspection of Pipes • Fully Insured • Reasonable Rates

Hair Services for Men & Women
 in your home
 Call Barbara at
 538-9516 or 885-0371
 Serving the Elderly & Disabled 24 Years

Computer Tutors and Resources

Maggie Magrath
 (413) 253-0629
 maggiemagrath@yahoo.com

The computer tutor and software specialist who comes to you!
 Senior Citizen Discount Every Day!

STATE REP. JOHN W. SCIBAK

P. O. BOX 136, SO. HADLEY, MA

Tel: (413) 539-6566 Fax: (413) 539-5855
 E-mail: Rep.Johnscibak@hou.state.ma.us